



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

GOOD & HEALTHY: MARTIN, SD

Tauna Ireland, Community Champion
Kris Kratovil, Summer Program Leader

AGENDA

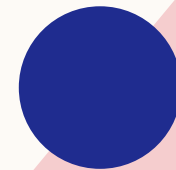
Martin Wellness Coalition

Eat Well

Move More

Feel Better

Summary





Martin Wellness Coalition Vision

Martin is a community that values:

- A safe environment
- Multiple places and opportunities for physical activity
- Healthy eating
- Being supportive of healthy lifestyles for all ages

MARTIN WELLNESS COALITION

- Martin population: 1,170 (2020)
- Home of the Warriors: Bennett County School District contains 3 schools and serves nearly 500 children prek-12th grade
- District's minority enrollment is 80% and about 70% of students are economically disadvantaged
- 2017: Martin Wellness Coalition formed with help from SDSU Extension, have about 10 members
- 2019: Martin received SD Healthy Hometown award
- 2020: Joined Healthy Hometown program
- 2021-23: Received Good & Healthy grant
- Fiscal agent Badlands RC&D (local 501c3)





EAT WELL

Community Meals
Kids in the Kitchen
Warrior Pantry

WARRIOR PANTRY





MARTIN COMMUNITY MEALS PROJECT

May 2019–December 2020

\$10,000

Martin Wellness Coalition & Badlands RC&D received funding from the South Dakota Community Foundation to implement a community meals project to address food insecurity and bring the community together.



15 Community Meals
2,431 Meals Served

**10 Community
Organizations
Hosted Meals**



Thank you, community partners!

American Legion Auxiliary
Kids in the Kitchen
Martin VFD Fire & Rescue
Martin Chamber of Commerce
Bennett County School District
Bennett County HS Student Council

Bennett County Hospital
Martin Community Health Center &
Dental Clinic
St. Katharine's Episcopal Church
Oglala Lakota College: LaCreek College
Center

COMMUNITY MEALS

7

- Wanted to bridge some gaps in community
- Started in 2019 and lots of enthusiasm
- Good & Healthy funding allowed us to continue meals, but these kind of fizzled out during the pandemic

KIDS IN THE KITCHEN





MOVE MORE

Evidence-based programs:
Walk with Ease
Fit & Strong

WALK WITH EASE

16 participants

Average age was 73. Age range 59-86.

Reported: 11 females, 1 male.

Chronic Conditions: 4 Diabetes, 1 Heart Disease, 2 High Cholesterol, 4 Hypertension, 1 Lung Disease, 3 Arthritis, 1 Cancer, 1 Pain, 1 Obesity.

All who reported stated they would recommend the program to a friend.

Average walking time increased in 4/8 participants, stayed the same for 3, and decreased for 1.

For those who walking time increased, it increased by an average of 17.5 minutes.

Days walking increased for 4 out of 9 people who reported pre and post days walking. It decreased for 0 participants.



CONTINUED...

- Several members of the first Walk with Ease group still meeting and walking as a group
- Fit & Strong Instructor trained September 2022
- Second instructor for Walk with Ease will also be trained in September 2022 so a total of 3 series will be offered October 2022-May 2023



FEEL BETTER

Automated External Defibrillator (AEDs)
Community Mural

AEDS

- Cardiac arrest survival rates are lower in rural communities than in urban areas. SD ambulance responses can range from a few minutes to more than 30 minutes.
- Additionally, rural communities often have much lower availability and access to AEDs.
- One way to help strengthen the chain of survival for rural South Dakotans is to place additional AEDs throughout communities and train citizens in the lifesaving skill of CPR.
- AEDs purchased for Volunteer Fire Departments in Martin, Vetala and Tuthill
- 18 volunteer firefighters completed training on how to use AEDs and became CPR certified

COMMUNITY MURAL

Congrats!

Winners of Martin Mural Contest

FROM MARTIN GRADE SCHOOL:

- SADIE SCHOMP
- EMILY YELLOW BOY
- ELAINAH BIG CROW
- ROSLYN BERGH
- BRETT FLY
- EIEN KROWLIKOWSKI
- KAMBRI CLAUSSEN

EMMA JACOBS

HILLMAN FAMILY:

JESSICA, JOSIE, EMMA, CLAIRE & STELLA

MACKENZIE YORDY

BENNETT COUNTY HIGH SCHOOL ART 1 - GROUP
PROJECT, 14-16 YEARS OLD



COMMUNITY MURAL



Over 90 community members have taken a hands-on role in this mural!

SUMMARY

- We are excited by all the positive and healthy happenings in Martin.
- Good & Healthy grant has helped us make ideas into a reality.
- We aren't done yet!

THANK YOU



<https://www.facebook.com/MartinWellnessCoalition>

